

Anger Inventory

Novaco Anger Scale

0 - you would feel very little or no annoyance

1 - you would feel a little irritated

2 - you would feel moderately upset

3 - you would feel quite angry

4 - you would feel very angry

- ___ 1. You unpack an appliance you have just bought, plug it in, and discover that it doesn't work.
- ___ 2. Being overcharged by a repairman who has you over a barrel.
- ___ 3. Being singled out for correction, when the actions of others go unnoticed.
- ___ 4. Getting your car stuck in the mud or snow.
- ___ 5. You are talking to someone and they don't answer you.
- ___ 6. Someone pretends to be something they are not.
- ___ 7. While you are struggling to carry four cups of coffee to your table at a cafeteria, someone bumps into you, spilling the coffee.
- ___ 8. You have hung up your clothes, but someone knocks them to the floor and fails to pick them up.
- ___ 9. You are hounded by a salesperson from the moment that you walk into a store.
- ___ 10. You have made arrangements to go somewhere with a person who backs off at the last minute and leaves you hanging.
- ___ 11. Being joked about or teased.
- ___ 12. Your car is stalled at a traffic light, and the guy behind you keeps blowing his horn.
- ___ 13. You accidentally make the wrong kind of turn in a parking lot. As you get out of your car someone yells at you, "Where did you learn to drive?"
- ___ 14. Someone makes a mistake and blames it on you.
- ___ 15. You are trying to concentrate, but a person near you is tapping their foot.
- ___ 16. You lend someone an important book or tool and they fail to return it.
- ___ 17. You have had a busy day, and the person you live with starts to complain about how you forgot to do something that you forgot to do.

___ 18. You are trying to discuss something important with your mate or partner who isn't giving you a chance to express your feelings.

___ 19. You are in a discussion with someone who persists in arguing about a topic they know very little about.

___ 20. Someone sticks his or her nose into an argument between you and someone else.

___ 21. You need to get somewhere quickly, but the car in front of you is going 25 mph in a 40 mph zone, and you can't pass.

___ 22. Stepping on a gob of chewing gum.

___ 23. Being mocked by a small group of people as you pass them.

___ 24. In a hurry to get somewhere, you tear a good pair of slacks on a sharp object.

___ 25. You use your last quarter to make a phone call, but you are disconnected before you finish dialing and the quarter is lost.

___ **TOTAL SCORE**

Now that you have completed the Anger Inventory, you are in a position to calculate your IQ, your Irritability Quotient. Make sure that you have not skipped any items. Add up your score for each of the twenty-five incidents. You can now interpret your total score according to the following scale:

0 - 45: The amount of anger and annoyances you generally experience is remarkably low. Only a few percent of the population will score this low on the test. You are one of the select few.

46 - 55: You are substantially more peaceful than the average person.

56 - 75: You respond to life's annoyances with an average amount of anger.

76 - 85: You frequently react in an angry way to life's many annoyances. You are substantially more irritable than the average person.

86 - 100: You are a true anger champion, and you are plagued by frequent intense furious reactions that do not quickly disappear. You probably harbor negative feelings long after the initial insult has passed. You may have the reputation of a firecracker or a hothead among people you know. You may experience frequent tension headaches and elevated blood pressure. Your anger may often get out of control and lead to impulsive hostile outbursts, which at times get you into trouble. Only a few percent of the adult population react as intensely as you do.